



One question.

One smile.

One conversation.

One life.

BE THE ONE TO SHOW YOU CARE.

We get it. It can be awkward or hard to reach out to someone outside of your circle of friends. Especially when it's something as personal as depression or suicide. But we're all in this together. EVERY ONE OF US has the power to save a life.

If you know someone who may be in crisis or contemplating suicide, BE THE ONE to show you care. If you need help, call:

1-800-273-TALK (8255)

BETHE1SD.COM

HOW DO I KNOW?

The easiest way to find out if someone is in crisis is to just ask. But even someone who appears happy on the outside could be experiencing a crisis.

HERE ARE SOME SIGNS TO WATCH FOR:

- Talk about suicide or dying
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- A lack of interest in activities
- Dropping out of clubs or school
- Letting grades slip or becoming indifferent
- Missing class
- Withdrawal or aggression after a break-up or painful event
- Disturbing posts on social media or a sudden shut down of accounts
- Concerning texts or tweets
- Drawings or writings about death or dying

HOW SHOULD I REACH OUT?

If you notice someone who may be contemplating suicide, BE THE ONE to show you care. It doesn't have to be much, but it just might be enough to save a life. Here are some ways to show you care.

BE THE ONE TO:

- Listen
- Ask if they're ok
- Ask if they're thinking about suicide
- Invite them to hang out
- Share your concern with a parent, teacher, counselor or other trusted adult
- Find them in the hallway
- Sit by them
- Friend them on social media
- Shoot them a text
- Be open-minded, kind and accepting
- Offer to help them in some way
- Stand up for them against bullying
- Report bullying (in-person or online)



HOW CAN I HELP?

If you see or hear signs that someone you know could be considering suicide, BE THE ONE to reach out. You don't have to know what to say to say something. Here are some pointers to help start the conversation.



JUST ASK. It's ok to ask, "Are you thinking about suicide?" Asking in this direct, non-judgemental manner can open the door for effective conversation.



LISTEN. Don't dismiss or judge. You don't have to offer advice. Just listen.



KEEP THEM SAFE. If they are thinking about suicide, ask if they've thought about how they would do it. Then reach out to an adult to help separate them from the situation or anything they could use to hurt themselves.



BE THERE. Be there physically or by phone. Don't commit to anything you're not willing or able to accomplish. If you are unable to be physically present with someone with thoughts of suicide, talk with them to develop some ideas for others who might be able to help as well.



HELP THEM CONNECT. Rally support. Contact family, friends, teachers, coaches, church members and help them build a network. Share this number. 1-800-273-TALK (8255)



FOLLOW UP. Check in on a regular basis. Continue to show you care. Have a plan in place if you can't reach them.

JOIN THE MOVEMENT

BE THE 1SD .COM
1-800-273-TALK

Usually, labels aren't cool. They can be totally inaccurate or offensive. But this is one label we should all wear with confidence.

Rally with us, your South Dakota peers, as we ALL pledge to BE THE ONE to show we care.

Visit BeThe1SD.com for signs of crisis or depression, then BE THE ONE to show you care.



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